DOCUMENT RESUME

ED 063 705 24 EC 042 140

AUTHOR	Overs, Robert P.; And Others
TITLE	Guide to Avocational Activities. Volume III.
INSTITUTION	Curative Workshop of Milwaukee, Wis. Research Dept.
SPONS AGENCY	Bureau of Education for the Handicapped (DHEW/OE), Washington, D.C.
BUREAU NO	BR-1-E-055
PUB DATE	May 72
GRANT	OEG-70-0059(608)
NOTE	31p.
EDRS PRICE	MF-$0.65 HC-$3.29
DESCRIPTORS	*Art; Athletic Equipment; Athletics; Environmental Influences; *Exceptional Child Education; *Games; Guidelines; *Handicapped Children; Handicrafts; Music; Outdoor Education; *Physical Activities; Psychology; Social Influences; Volunteers

ABSTRACT

A quick find list to avocational activities is provided. The avocational activities have been described in the previous two volumes; see EC 042 138-9. Under each environmental factor, social psychological factor, and impairment and energy expenditure range are listed appropriate codes for avocational activities in which these factors and impairments are relevant. Only those impairments coded can do, can do with modifications, and can do some of the activities are listed. An index is also included. (CB)

1-E-055
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MILWAUKEE MEDIA for REHABILITATION RESEARCH REPORTS

GUIDE TO AVOCATIONAL ACTIVITIES

Volume III

Number 5B

May 1972

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UNIVERSITY OF WISCONSIN

EC 042140E

The MILWAUKEE MEDIA FOR REHABILITATION RESEARCH REPORTS, published jointly by the Research Department of the Curative Workshop of Milwaukee and the Rehabilitation Counselor Education Program of the University of Wisconsin-Milwaukee, has been established to increase the dissemination of research-based information in the rehabilitation field.

The research reported herein was performed pursuant to a grant with the Bureau of Education for the Handicapped, Office of Education, U.S. Department of Health, Education, and Welfare. Contractors undertaking such projects under Government sponsorship are encouraged to express freely their professional judgment in the conduct of the project. Points of view or opinions stated do not, therefore, necessarily represent official Office of Education position or policy. The work was done as Project No. 1-E-055, Grant No. OFG-70-0059 (608).

This grant support has made it possible to distribute a limited number of copies free of charge to concerned professionals and students entering related professional fields.

Mailing address: Research Department
Curative Workshop of Milwaukee
750 North 18th Street
Milwaukee, Wisconsin 53233

Telephone: (414) 342-2181

Series Editors

Robert P. Overs, Ph.D.,
Research Coordinator
Curative Workshop of Milwaukee

Ann P. Trotter, Ph.D.,
Coordinator, Rehabilitation
Counselor Education Program
University of Wisconsin-Milwaukee

How to use the QUICK FIND list

Volume III includes a QUICK FIND list and an INDEX.

In the QUICK FIND list under each environmental factor, social-psychological factor, and impairment and energy expenditure range are listed the codes for the avocational activities in which these factors and impairments are relevant. Thus, under "Indoor" are listed the codes 112, 113, 120, etc., indicating that throwing games, indoor games, and target and skill games may all be played indoors.

Only the impairments coded + (can do), M (can do with modifications), and S (can do some of the activities) are listed. The categories coded 0 (cannot do) were omitted from the QUICK FIND list as it is designed to help find things the impaired can do, not what they can't do.

To save space, the numbered code was used rather than classification titles, although admittedly this is hard on the reader. The code numbers were used instead of page numbers because the counselor who uses the Guide regularly will soon memorize the code numbers as they relate to named categories.

The QUICK FIND list is used in this way: If it is desired to find all of the activities which are associated with a specific environmental factor, a specific social-psychological factor, can be pursued with a particular impairment limitation, or fall within a specific energy expenditure range, the pertinent factor is located on the QUICK FIND list. The reader then scans through the Guide following the code numbers listed on the QUICK FIND list. Because the QUICK FIND list is separate and bound by only one staple in the left hand corner, it may be placed on the desk and flipped open next to the Guide to speed up the search.

To locate activities which an individual with a specific impairment can do, first go through the list marked + (can do). If nothing suitable is found then go through the list marked S (can do some of the activities). If no appropriate activity is found there, go through the list marked M (can do with modifications). If you still don't find anything you're on your own (we've done our best!).

Environmental Factors

Indoor			Outdoor		No specific environment			Specialized environment and/or climate
112	310	810	111	310	111	310	810	222
113	370	820	112	320	112	380	820	224
120	380	830	170	330	113	390	830	227
130	390	850		340	120		850	228
140		860	210	350	130	410	860	233
150	410	870	221	360	140	420	870	236
160	420	880	222	370	150	430	880	237
170	430	890	223	380	160	450	890	264
190	450		224	390	190	460		276
	460	930	225			470	930	277
210	470	940	226	440	210	480	940	278
225	480	950	227	480	221	490	950	290
226	490	960	228		223		960	
227		970	231	580	225	510	970	320
231	510	980	232	590	226	520	980	330
232	520	990	233		231	530	990	340
234	530		235	610	232	540		350
235	540		237	620	234	550		360
236	550		241	630	235	560		370
237	560		242	640	241	570		380
241	570		243	660	242	580		390
242	580		244	670	243	590		
243	590		245	680	244			440
244			247	690	245	620		
245	610		249		246	630		610
246	620		252	730	247	640		640
247	630		254	750	249	650		
249	640		255	760	251	660		780
251	650		256	780	252	670		790
252	660		261	790	253	680		
253	670		262		254	690		840
254	680		263	830	255			890
255	690		264	840	256	710		
256			266	880	261	720		
262	710		267	890	262	730		
264	720		268		263	740		
265	730		271	930	265	750		
267	740		272	940	266	760		
268	750		273	960	267	770		
272	770		274	970	268	780		
290	780		275	980	271	790		
	790		276		272			
			277		273			
			278		274			
			290		275			

Environmental Factors

Modicum of space			Unlimited space	Requires little or no equipment		Equipment a major factor	
113	310	810	111	111	630	120	420
120	370	820	112	112	640	130	450
130	380	830	170	113	650	170	460
140	390	850	221	140	660	190	470
150		860	222	150	680		480
160	410	870	223	160		221	
170	420	880	224		730	222	510
190	430	890	225	210	740	223	520
	450		226	225	750	224	530
210	460	930	227	227	760	225	540
231	470	940	228	237	770	226	550
232	480	950	233	241	780	227	560
234	490	960	235	242	790	228	570
235		970	237	243		231	580
236	510	980	272	244	810	232	590
241	520	990	274	245	830	233	
242	530		276	247		234	610
243	540		277	249	930	235	620
244	550		278	251	940	236	640
245	560			252	950	246	670
246	570		320	254	970	253	690
247	580		330	255	980	261	
249	590		340	256	990	262	710
251			350	263		263	720
252	610		360	268		264	750
253	620		370	274		265	780
254	630		380			266	790
255	640		390	310		267	
256	650			320		271	820
261	660		440	330		272	840
262	670			370		273	850
263	680		590	390		275	860
264	690					276	870
265			660	410		277	880
266	710			430		278	890
267	720		760	440		290	
268	730		780	490			960
271	740					340	
272	750		840			350	
273	770		890			360	
275	780					370	
290	790					380	
						390	

Environmental Factors

Equipment normally at hand		Equipment not necessarily at hand	
111	810	112	340
113	820	120	350
140	830	130	360
150	850	160	370
	860	170	380
210	870	190	390
225	890		
251		221	410
254		222	420
255		223	450
274		224	460
		226	470
310		227	480
320		228	
330		231	530
370		232	540
390		233	560
		234	570
430		235	580
440		236	590
490		237	
		241	610
510		242	620
520		243	630
550		244	640
		245	650
650		246	670
660		247	690
680		249	
		252	750
710		253	780
720		256	790
730		261	
740		262	840
750		263	880
760		264	
770		265	930
780		266	940
790		267	950
		268	960
		271	970
		272	980
		273	990
		275	
		276	
		277	
		278	
		290	

Social-Psychological Factors

Aesthetic				Utilitarian		Creative		Pre-patterned			
111	210	310	930	120	930	111	760	112	210	310	930
112	221	320	940	190	940	130	780	113	224	320	940
113	222	340	950		980	150	790	120	226	330	950
120	223	350	960	252	990	170		130	231	340	960
130	224	360	970	254		190	810	140	232	380	970
140	225	370	990	255				150	233	390	980
150	226	380		256		221	930	160	234		990
160	227	390		273		222	950	170	235	410	
170	228					223	970	190	236	420	
190	231	410		330		225			241	430	
	232	420		350		227			242	450	
	233	430		360		228			243	460	
	234	440		370		237			244	470	
	235	450		380		277			245	480	
	236	460		390					246	490	
	237	470				340			247		
	241	480		480		350			249	510	
	242	490				360			251	530	
	243			510		370			252	540	
	244	510		520		380			253	560	
	245	520		530		390			254	570	
	246	530		550					255	580	
	247	540		560		440			256		
	249	550		570					261	620	
	251	560		580		510			262	650	
	252	570				520			263	660	
	253	590		620		530			264	670	
	254					550			265		
	255	610		710		560			266	710	
	256	620		720		570			267	720	
	261	630		730		590			268	730	
	262	640		740					271	740	
	263	650		780		610			272	750	
	264	660		790		620			273	760	
	265	670				630			274	770	
	266	680		810		640			275	780	
	267	690		820		650			276	790	
	268			830		660			278		
	271	710		840		670			290	810	
	272	720		850		680				820	
	273	730		860		690				830	
	274	740		870						840	
	275	750		880						850	
	276	760		890						860	
	277	770								870	
	278	780								880	
	290	790								890	

Social-Psychological Factors

Abstract		Concrete			Group effort		Individual effort		
130	111	210	310	810	111	510	111	310	710
140	112	221	320	820	112	530	112	320	720
150	113	222	330	830	140		113	330	730
190	120	223	340	840	150		120	340	740
	130	224	350	850	160	610	130	350	750
390	140	225	360	860	190	650	140	360	760
	160	226	370	870		660	150	370	770
470	170	227	380	880	221	670	160	380	780
480	190	228	390	890	222	690	170	390	790
		231			223		190		
610		232	410	930	226	730		410	810
630		233	420	940	227	760	210	420	820
650		234	430	960	228	770	221	430	830
670		235	440	970	232	780	222	440	840
680		236	450	980	233	790	223	450	850
690		237	460	990	234		224	460	860
		241	470		237	840	225	470	870
710		242	480		241	850	226	480	880
730		243	490		242	860	227	490	890
740		244			243	880	228		
750		245	510		245	890	231	510	930
770		246	520		246		233	520	940
		247	530		247	930	234	530	950
810		249	540		261	940	235	540	970
		251	550		262	950	236	550	980
930		252	560		263	960	237	560	
940		253	570		264	970	241	570	
950		254	580		265	980	242	580	
990		255	590		266	990	243	590	
		256			267		244		
		261	610		268		246	610	
		262	620		277		247	620	
		263	640		290		249	630	
		264	660				251	640	
		265	670		320		252	650	
		266	680		330		253	660	
		267			340		254	670	
		268	710		360		255	680	
		271	720		380		256	690	
		272	730		390		267		
		273	760				271		
		274	780		450		272		
		275	790				273		
		276					274		
		277					275		
		278					276		
		290					278		
							290		

Social-Psychological Factors

Structured		Unstructured	Supervised		Unsupervised	
111	390	150	120	340	111	610
112		190	130	390	112	620
113	420		140		113	630
120	430	221	150	420	160	640
130	450	222			170	650
140	460	224	222	570	190	660
150	470	225	223			670
160	490	226	227	650	210	680
170		227	231	660	221	690
190	510	228	232	670	222	
	530	237	233		224	740
210	540		234	710	225	760
223	580	310	235	720	226	780
231		320	236	730	227	790
232	620	330	237	750	228	
233	650	340	241	760	237	950
234	660	350	242	770		
235	670	360	243	780	310	
236	680	370	244	790	320	
237		380	245		330	
241	710	390	246	810	340	
242	720		247	820	350	
243	730	410	249	830	360	
244	750	440	251	840	370	
245	760	480	252	850	380	
246	770		253	860	390	
247	780	520	254	870		
249	790	550	255	880	410	
251		560	256	890	430	
252	810	570	261		440	
253	820	590	262	930	450	
254	830		263	940	460	
255	840	610	264	950	470	
256	850	620	265	960	480	
261	860	630	266	970	490	
262	870	640	267	980		
263	880	650	268	990	510	
264	890	660	271		520	
265		670	272		530	
266	930	680	273		540	
267	940	690	274		550	
268	950		275		560	
271	960	740	276		570	
272	970	760	277		580	
273	980	780	278		590	
274	990	790	290			
275						
276		950				
277						
278						
290						

Social-Psychological Factors

Opportunity for recognition			Little opportunity for recognition
111	330	930	160
112	350	940	190
113	360	950	
120	370	960	210
130	380	970	221
140	390	980	222
150		990	224
170	440		225
	450		226
223	460		227
225	470		228
227	480		237
231	490		268
232			
233	510		310
234	520		320
235	530		330
236	540		340
237	550		370
241	560		380
242	570		390
243	580		
244	590		410
245			420
246	610		430
247	620		
249	630		670
251	640		
252	650		710
253	660		720
254	670		730
255	680		740
256	690		750
261			760
262	760		780
263	770		790
264	780		
265	790		820
266			830
267	810		850
271	840		860
272	870		
273	880		
274	890		
275			
276			
277			
278			
290			

Impairment Limitations

blind			low vision			hearing			
+	S	M	+	S	M	+	S	M	
251	160	111	130	210	111	111	310	223	113
		112	150	221	112	112	330	290	150
640	210	113	160	267	113	120	340		
670	234	130	170		120	130	350	650	210
	267	140	190	310	140	140	370		221
710		150		350		160	380	750	263
	310	190	234		222	170		770	
930	350		251	540	224	190	410	790	320
940	370	222	274	580	225		420		360
970		224		590	226	222	430	810	390
990	470	225	380		227	224	440	820	
	480	226		610	228	225	450	830	720
	490	227	410	650	236	226	460		
		228	450		237	227	470	930	860
	540	236	460	740	256	228	480	940	
	550	237	470	750		231	490	980	960
	580	256	480	780	320	232		990	970
			490		330	233	510		
	610	320		810	340	234	520		
	650	340	520	820	370	235	530		
		370	530	840	390	236	540		
	740	380	550	860		237	550		
	750	390			420	241	560		
	780		640		430	242	570		
		510	660			243	580		
	810	530	670		510	244	590		
	820	560	680		560	245			
	860	570			570	246	610		
			710			247	620		
	980	660	720		620	249	630		
		680	730		630	251	640		
			760			252	660		
		720	770		850	253	680		
		730	790			254	690		
		760			950	255			
		770	830		960	256	730		
		790				261	740		
			930			262	760		
		950	940			264	780		
		960	970			265			
			980			266	840		
			990			267	880		
						268	890		
						273			
						274			

Impairment Limitations

		speech				retardation	
	+	S	M		+	S	M
111	310	113	150	111	310	160	130
112	320			112	320	190	140
120	330	223	850	113	350		150
130	340		860	120	370	360	
140	350	650		170	380		330
160	360		960			580	340
170	370	790	970	210	410		
190	380			221	420	620	760
	390	810		222	430		
210		820		224	440	780	980
221	410			225	450	790	
222	420	930		226	460		
224	430	940		227	470	930	
225	440	990		228	480	960	
226	450			231	490	990	
227	460			232			
228	470			233	510		
231	480			234	520		
232	490			235	530		
233				236	540		
234	510			237	550		
235	520			241	560		
236	530			242	570		
237	540			243	590		
241	550			244			
242	560			245	610		
243	570			246	630		
244	580			247	640		
245	590			249	650		
246				251	660		
247	610			252	670		
249	620			253			
251	630			254	710		
252	640			255	720		
253	660			256	730		
254	670			261	750		
255	680			262	770		
256	690			263			
261				264	830		
262	710			265	840		
263	720			266	880		
264	730			267			
265	740			268	940		
266	750			272	970		
267	760			274			
268	770			275			
271	780			290			
272							
273	830						
274	840						
275	880						
276	890						
277							
278	980						
290							

Impairment Limitations

Memory +		S	M	Balance +		S	M
111	620	113	130	130	930	112	113
112	630	160	140	140	940	170	120
120	640	190	150	150	950		
170	680			160	970	237	222
		780	221	190	990		227
210	710	790	222			320	231
225	720		224	210		350	235
228	730	830	226			370	246
231	740		227	310			
232	750	930	237	340		520	330
233	770	990	241	390		590	380
234			243				
235	880		244	410		780	510
236			245	420			570
242	940		246	430		830	580
249	980		247	440		890	
251			261	450			610
252			262	460		960	690
253			263	470		980	
254				480			760
255			320	490			790
256			330				
264			340	530			840
265			360	540			880
266				550			
267			410	560			
268			420				
272			430	620			
274			440	630			
290			450	640			
			470	650			
310				670			
350			510	680			
370			580				
380				710			
			610	720			
460			660	730			
480			670	740			
490			690	750			
				770			
520			760				
530			790	810			
540				820			
550			830	870			
560			840				
570							
590			960				
			970				

Impairment Limitations

Seizures +		S	M
112	610	225	111
113	620	267	
120	630	290	330
130	640		370
140	650	320	380
150	660	350	
160	670		510
170	680	520	570
190	690		580
		780	590
210	710		
231	720	830	760
232	730	890	790
233	740		
235	750	980	840
241	770		880
242			
243	810		
244	820		
245	870		
246			
247	930		
249	940		
251	950		
253	960		
262	97[illegible]		
268	990		
273			
274			
310			
340			
390			
410			
420			
430			
440			
450			
460			
470			
480			
490			
530			
540			
550			
560			

Aphasia: Receptive +		S	M
111	410	113	130
112	420	160	150
1[illegible]	430	190	
140	440		210
170	450	223	263
	460	290	
221	470		330
222	480	510	340
224	490	580	360
225			
226	520	780	670
227	530	790	
228	540		760
231	550	840	
232	560		960
233	570	930	970
234	590	940	
235		980	
236	610	990	
237	620		
241	630		
242	640		
243	660		
244	690		
245			
246	710		
247	720		
249	730		
251	750		
252	770		
253			
254	880		
255			
256			
261			
262			
264			
265			
266			
267			
268			
273			
274			
310			
320			
350			
370			
380			

Impairment Limitations

Aphasia: Expressive +			S	M
111	210	310	160	150
112	221	320	190	
113	222	330		390
120	224	340	223	
130	225	350		760
140	226	360	650	
170	227	370		960
	228	380	790	970
	231			
	232	410	830	
	233	420	840	
	234	430		
	235	440	930	
	236	450	940	
	237	460	980	
	241	470	990	
	242	480		
	243	490		
	244			
	245	510		
	246	520		
	247	530		
	249	540		
	251	550		
	252	560		
	253	570		
	254	580		
	255	590		
	256			
	261	610		
	262	620		
	263	630		
	264	640		
	265	660		
	266	670		
	267	690		
	268			
	271	710		
	272	720		
	273	730		
	274	740		
	275	750		
	276	770		
	277	780		
	278			
	290	880		

Aphasia: Mixed +		S	M
111	310	113	130
112	320	160	
120	350	190	210
140	370		263
170	380	223	
		290	330
221	410		340
222	420	510	360
224	430	580	
225	440		760
226	450	780	
227	460	790	960
228	470		970
231	480	840	
232	490		
233		930	
234	520	940	
235	530	980	
236	540	990	
237	550		
241	560		
242	570		
243	590		
244			
245	610		
246	620		
247	630		
249	640		
251	660		
252	670		
253	690		
254	710		
255	720		
256	730		
261	750		
262	770		
264			
265	880		
266			
267			
268			
273			
274			

Impairment Limitations

Reaching (one hand impaired)				Reaching (two hands impaired)		
	+	S	M	+	S	M
111	540	113	120	111	113	130
112	560		140		190	140
130	590	221	170	210		150
150		222		224	225	160
160	620	228	243	236	228	
190	630	263	247	274	235	226
	640	267	261		251	
210	680		262	310	263	340
224	690	530	264	320	267	350
225		580		360		390
226	710		510		370	
227	720	650	520	410		510
232	730	660	560	420	580	520
235	740	670	570	430	590	550
236	750			450		560
237	760	820	610	460	650	570
241	770	830		470	660	
242	780			480	670	610
244	790			490		630
245					810	
246	810			540	820	780
249	840				830	
251	850			620	860	880
253	860			680	890	
273	870					960
274	880			710	980	
	890			720		
310				730		
320	930			740		
330	940			750		
340	950			760		
350	960			770		
360	970			790		
370	980					
380	990			850		
390				870		
410				930		
420				940		
430				950		
440				970		
450				990		
460						
470						
480						
490						

Impairment Limitations

Handling (one hand impaired)				Handling (two hands impaired)		
+		S	M	+	S	M
111	410	221	120	111	190	130
112	420	222	140	113		140
113	430	227	170		225	150
130	440	228		210	227	160
150	450	263	236	237	228	
160	460	267	247	243	251	226
190	470		261	252	263	236
	480	640	262	274	267	
210	490	650	264			340
224		670		310	590	390
225	590		510	320		
226		820	520	360	650	470
232	630	830	530		670	480
235	660		540	460		490
237	680		550		810	
241	690		560	660	820	510
242			570		830	550
243	710		580	730	860	570
244	720			750	890	580
245	730		610	760		
246	740		620	770	980	620
249	750					630
251	760			850		680
252	770			870		
253	780					710
268	790			930		720
273				940		740
274	810			950		780
	840			970		790
310	850			990		
320	860					880
330	870					
340	880					960
350	890					
360						
370	930					
380	940					
390	950					
	960					
	970					
	980					
	990					

Impairment Limitations

Fingering (one hand impaired)				Fingering (two hands impaired)		
+		S	M	+	S	M
111	410	221	120	111	190	120
112	420	222	140	113		130
113	430	227	170		225	140
130	440	228		210	227	150
150	450	263	236	237	228	160
160	460	267	247	241	251	
190	470		261	242	263	226
	480	640		243	264	236
210	490	650	510	244	267	
224		670	520	245	380	330
225	590		530	249		340
226	630	820	540	252	590	390
232	660	830	550	253		
233	670		560	254	650	470
235	680		570	262	670	480
237	690		580	265		490
241				266	810	
242	710		610	268	820	510
243	720		620	274	830	550
244	730			290	860	570
245	740				890	580
246	750			310		
249	760			320	980	620
251	770					630
252	780			460		680
253	790					
254				660		710
262	810					720
264	840			730		740
265	850			750		780
266	860			760		790
268	870			770		
273	880					880
274	890			850		
290				870		960
	930					
310	940			930		
320	950			940		
330	960			950		
340	970			970		
350	980			990		
360	990					
370						
380						
390						

Impairment Limitations

Feeling (one hand impaired)				Feeling (two hands impaired)				No hands		
	+		S	M		+	S	M	+	S	M
111	410		221	120	111	520	190	120	111	113	130
112	420		227		113	530				190	140
113	430		228	236	130	540	225	236	210		150
130	440		263	243	140	550	227	243	274	225	160
140	450			261	150		228	261		228	
150	460		670		160	610	251		310	251	226
160	470			510		620	263	330	320	263	236
170	480			570	210	630		340			
190	490			580	222	650	320		730	650	340
				590	226	660	380	450	750	660	390
210	520				237	690			760	670	
222	530			780	241		670	510	770		470
224	540				242	710		570		810	480
225	550			830	244	720	810	580	850	820	
226				840	245	730	820	590	870	830	510
232	610				246	740	860			860	550
233	620				247	750		640	930	890	580
235	630				249	760		680	940		
237	640				262	770			950	980	620
241	650				264	790		780	970		630
242	660				267				990		680
244	680				268	850		830			
245	690				273	870		840			710
246					274	890		880			720
247	710				290						730
249	720					930		960			780
251	730				310	940					790
253	740				350	950					
262	750				360	970					880
264	760				370	980					
267	770				390	990					960
268	790										
273					410						
274	810				420						
290	820				430						
	850				440						
310	860				460						
320	870				470						
330	880				480						
340	890				490						
350											
360	930										
370	940										
380	950										
390	960										
	970										
	980										
	990										

Impairment Limitations

Impaired Stooping				Impaired Kneeling			
+		S	M	+		S	M
130	710	170	111	130	520	170	111
140	720		112	140	530		112
150	730	221	113	150	540	221	113
160	740	222	120	160	550	223	120
190	750	223		190	560	225	
	760	225	246		570	227	274
210	770	227	249	210	590	251	
224	790	237	274	222			330
231		251		224	610	320	340
235	810		330	231	620	350	
244	820	320	340	232	630	370	510
276	830	350	380	233	640	390	
	850	370		235	650		690
310	860	390	510	236	660	440	
	870			237	670		780
410	890	440	690	241	680	580	
420				242			840
430	930	580	780	243	710	880	
450	940			245	720		
460	950	880	840	246	730	960	
470	970			247	740		
480	980	960		249	750		
490	990			252	760		
				253	770		
520				261	790		
530				262			
540				266	810		
550				268	820		
560				275	830		
570				276	850		
590				290	860		
					870		
610				310	890		
620				380			
630					930		
640				410	940		
650				420	950		
660				430	970		
670				450	980		
680				460	990		
				470			
				480			
				490			

Impairment Limitations

Impaired Crouching

+		S	M
130	710	170	111
140	720		112
150	730	221	113
160	740	222	120
190	750	223	
	760	225	246
210	770	227	249
224	790	237	274
231		251	
235	810		330
242	820	320	340
244	830	350	380
276	850	370	
	860	390	510
310	870		
	890	440	690
410			
420	930	580	780
430	940		
450	950	880	840
460	970		
470	980	960	
480	990		
490			
520			
530			
540			
550			
560			
570			
590			
610			
620			
630			
640			
650			
660			
670			
680			

Impaired Crawling

+			S	M
112	410	930	221	111
120	420	940	223	113
130	430	950	225	
140	440	970	227	274
150	450	980	228	
160	460	990	251	330
170	470			
190	480		320	690
	490		350	
210			370	780
222	510		390	
224	520			
231	530		580	
232	540			
233	550		880	
235	560			
236	570		960	
237	590			
241				
242	610			
243	620			
245	630			
246	640			
247	650			
249	660			
252	670			
253	680			
261				
262	710			
264	720			
266	730			
267	740			
268	750			
272	760			
273	770			
275	790			
276				
290	810			
	820			
310	830			
340	840			
380	850			
	860			
	870			
	890			

Impairment Limitations

Wheel Chair			Semi-ambulant			Class III heart			
+	S	M	+	S	M	+		S	M
130	170	112	130	112	113	130	710	222	113
140		113	140	170	120	140	720		120
150	225	120	150			150	730	320	
160	227		160	225	222	160	740	350	232
190	251	222	190	227	231	170	750		
		241			235	190	760	590	330
210	320	242	210	320	242		770		340
231	350	246		350		210	790	780	390
232	370	262	310	370	340	235			
235			390		380	242	810	960	440
	580	340		580		273	820	980	
310	590	380	410	590	510		830		510
390			420		520	310	850		570
	690	510	430	690	570	370	860		580
410		520	450			380	870		
420	780	570	460	780	610		890		650
430			470		690	410			660
450	880	730	480	880		420	930		
460	890	750	490	890	730	430	940		880
470		760			750	450	950		
480	980	770	530	980	770	460	970		
490		790	540		790	470	990		
			550			480			
530		930	560		930	490			
540		940			940				
550		950	620		950	520			
560		960	630		960	530			
		970	640		970	540			
610			650			550			
620			670			560			
630			680						
640						610			
650			710			620			
670			720			630			
680			740			640			
			760			670			
710						680			
720			810			690			
740			820						
			850						
810			860						
820			870						
850									
860			990						
870									
990									

Impairment Limitations

Class IV heart			Bed patient			Respiratory			
+	S	M	+	S	M	+		S	M
130	170	120	130	170	113	130	710	320	113
140			140		120	140	720	360	120
150	390	380	150	225		150	730		
160			160		310	160	740	670	226
190	610	520	190	370	380	170	750		232
	640	590		390		190	760	780	
210	650		210		520		770		330
	670	650		590	570	210	790	980	340
310			410			222			370
	770		420	610		235	810		390
410	780		430	640		242	820		
420			450	650		273	830		440
430	930		460	670			840		
450	940		470			310	850		510
460	960		480	770		350	870		570
470	970		490	780		380	890		580
480	990								
490			530	820		410	930		610
			540			420	940		640
530			550	930		430	950		660
540			560	940		450	960		
550				960		460	970		860
560			620	970		470	990		880
			630	990		480			
620			680			490			
630									
680			710			520			
			720			530			
710			740			540			
720			750			550			
740						560			
						590			
						620			
						630			
						650			
						680			
						690			

Impairment Limitations

Energy expenditure in METS

1-1.5	1.5-2.7		2.7-4		4-6.6		Over 6	
410	113	730	113	610	111	610	111	570
420	120	750	120	620	112	640	112	580
440	130	760	170	630	113	660		590
470	140	770		640	120		221	
480	150	780	210	650		760	223	660
490	160	790	221	690	221	780	224	
	170		222		223		225	780
520	190	810	223	730	224	830	227	
530		820	224	750	225	840	228	880
540	210	830	225	760	226	880	234	
550	222	850	228	770	227	890	236	960
560	235	860	232	780	228		237	980
570	261	870	235	790	231	930	243	
590	273	880	242		232	960	245	
		890	261	810	233	970	247	
610	310		271	820	241	980	251	
620	320	930	272	830	244	990	252	
630	340	940	276	840	246		253	
640	350	950	277	850	249		254	
650	370	960	278	860	253		255	
680	380	970	290	880	261		256	
690	390	980		890	271		261	
		990	310		272		262	
710	430		320	930	276		263	
720	440		330	940	277		264	
730	450		340	960	278		265	
740	460		350	970	290		266	
750			360	980			267	
760	520		370	990	320		268	
770	530		380		330		271	
780	540		390		340		274	
790	550				350		275	
	560		440		360		277	
810	570				370		278	
820	580		510		380		290	
830	590		520		390			
			570				320	
930	610		580		440		360	
940	620		590				370	
950	630				520		380	
960	640				570		390	
970	650				580			
980	670				590			
990	690							

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